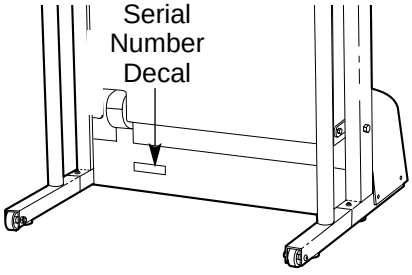
Model No. PCTL74100
Serial No. _____

Write the serial number in the space above for future reference.



If you require SERVICE for this product, please call

SEARS:
1-800-4 MY HOME
(469-4663)

If you are MISSING PARTS or require INFORMATION on how to operate this product, call

1-888-936-ICON
(4266)

⚠ CAUTION

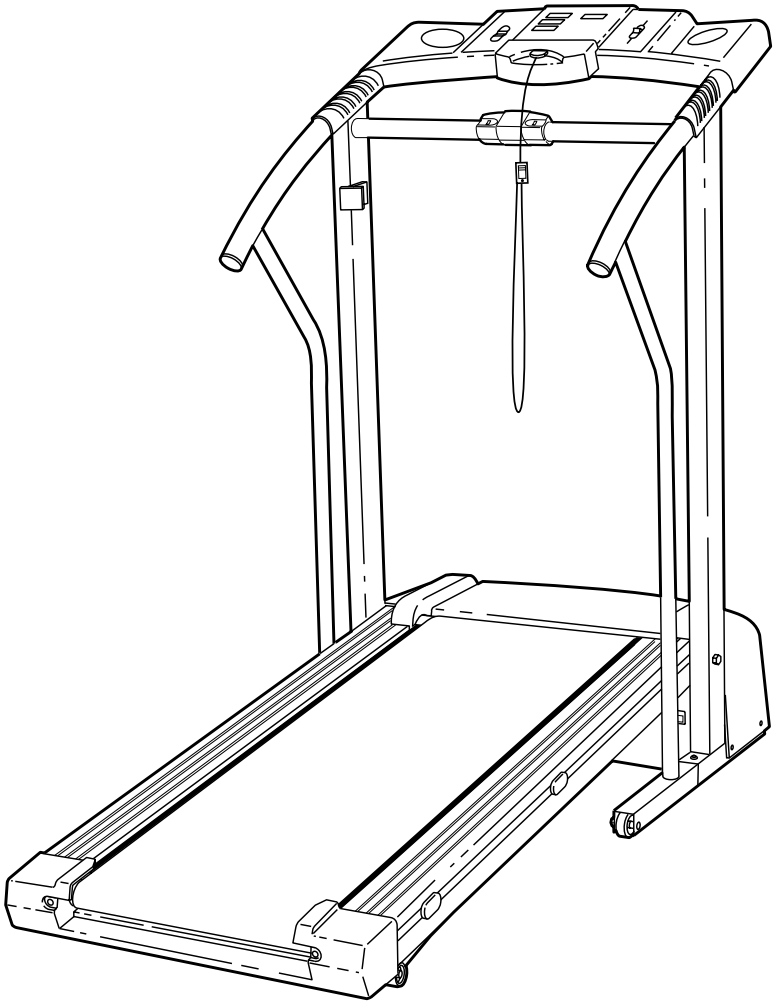
Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

® PRO-FORM

490GS

EKG 2 GRIP PULSE

USER'S MANUAL



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www.proform.com

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Note: An EXPLODED DRAWING and a PART LIST are attached in the center of this manual. Save the EXPLODED DRAWING and PART LIST for future reference.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**
2. **Use the treadmill only as described.**
3. **Place the treadmill on a level surface, with 2 m (8 ft) of clearance behind it. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**
4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**
5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**
6. **Keep children under the age of 12 and pets away from the treadmill at all times.**
7. **The treadmill should be used only by persons weighing 113 kg (250 lbs) or less.**
8. **Never allow more than one person on the treadmill at a time.**
9. **Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***
10. **When connecting the power cord (see page 7), plug the power cord into a surge protector (not included) and plug the surge protector into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.**
11. **Use only a CUL-listed surge protector of 450 joules minimum surge dissipation with voltage rating of 400 volts or less, rated at 15 amps, with a 14-gauge cord of 1,5 m (5 ft) or less in length. Do not use an extension cord.**
12. **Keep the power cord and the surge suppressor away from heated surfaces.**

13. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)**

14. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

15. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

16. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

17. **Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.**

18. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on pages 5 and 6, and HOW TO MOVE THE TREADMILL on page 10.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.**

19. **When folding or moving the treadmill, make sure that the storage latch is fully closed.**

20. **Inspect and tighten all parts of the treadmill every three months.**

21. **Never drop or insert any object into any opening.**

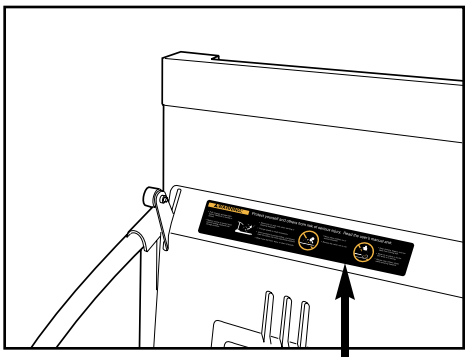
22. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

23. **This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.**

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decal shown below has been placed on your treadmill. If the decal is missing, or if it is not legible, please call our toll-free Customer Hot Line to order a free replacement decal (see the back cover of this manual). Apply the decal in the location shown.



Note: The decal is shown at 38% of actual size.

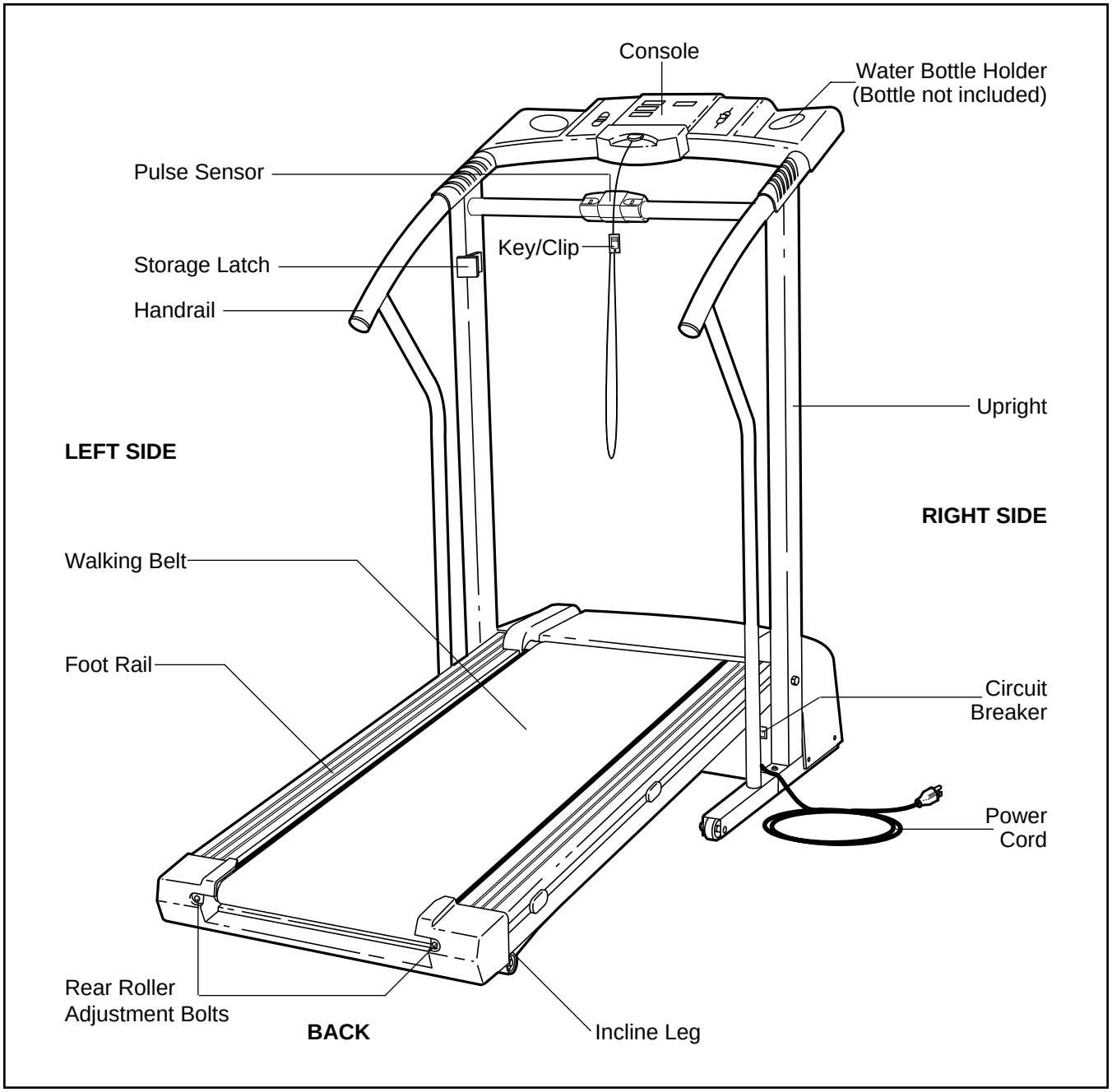
⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and:
• Fully engage storage latch before treadmill is moved or stored.
• Reduce incline to lowest level before folding treadmill into storage position.
• Stand only on side rails when starting or stopping treadmill.
• Change speed in small increments.
• Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
• Stop if you feel faint, dizzy, or short of breath.
• Never allow children on or around treadmill.
• Remove key when not in use.
• Keep clothing, fingers, and hair away from moving belt.
• Never try to adjust or fix the belt while it is moving.
• Always wear athletic shoes while operating treadmill.

BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 490GS treadmill. The 490GS treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique 490GS can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department toll-free at 1-888-936-4266 Monday through Friday 8h00 until 17h30 eastern time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PCTL74100. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

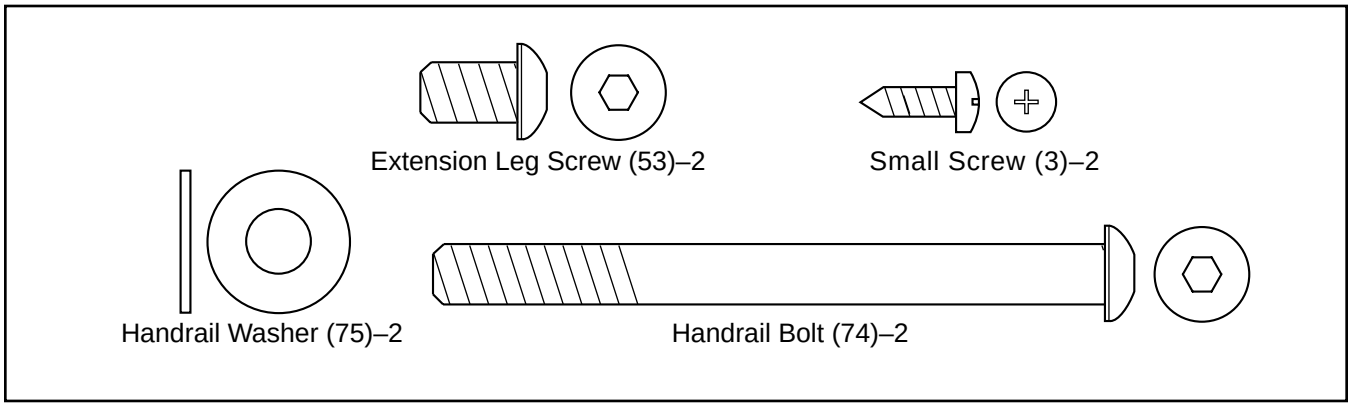
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



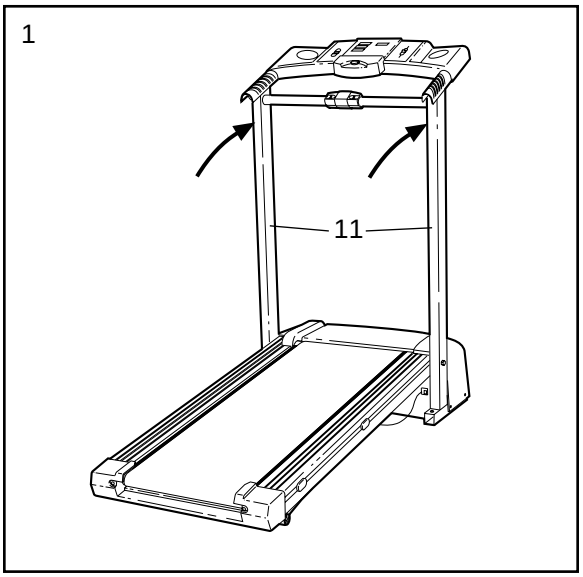
ASSEMBLY

Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench and your own phillips screwdriver .**

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.



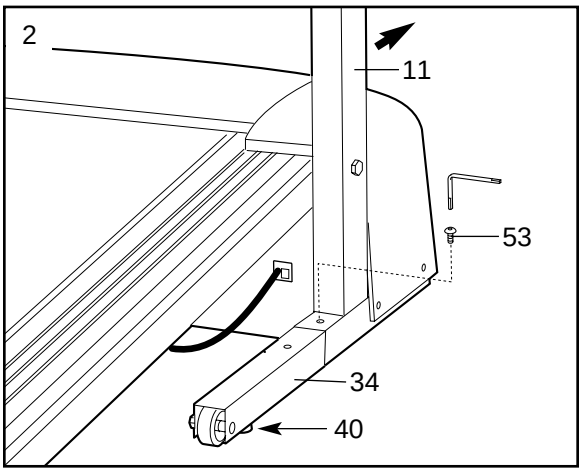
1. With the help of a second person, carefully raise the Uprights (11) until the treadmill is in the position shown.



2. Insert one of the Extension Legs (34) into the treadmill as shown. (Note: It may be helpful to tip the Uprights [11] in the direction shown by the arrow as you insert the Extension Leg.) Make sure that the Base Pad (40) is on the indicated side of the Extension Leg. Attach the Extension Leg with an Extension Leg Screw (53). **Be sure to push on the head of the Extension Leg Screw while tightening it.**

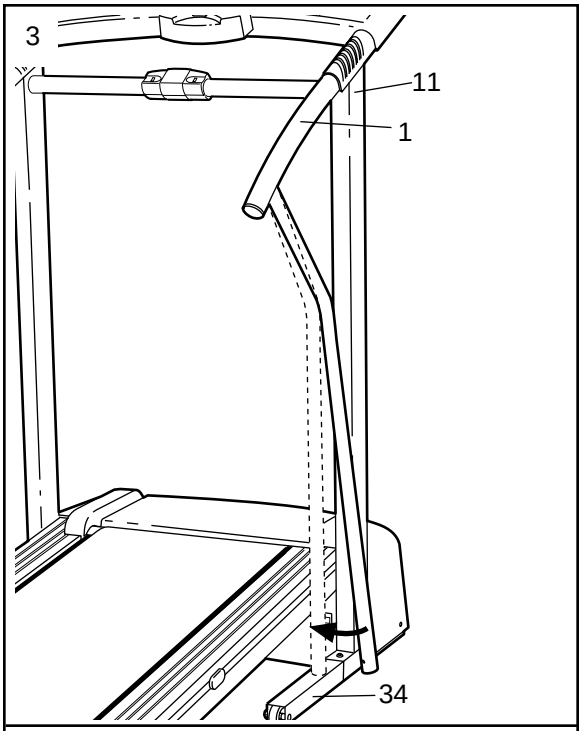
   Attach the other Extension Leg (34) in the same way.

   Note: One replacement Base Pad (40) may be included. Use the extra Base Pad if one becomes worn or needs to be replaced.



3. Hold one of the Handrails (1) at an angle as shown and insert the upper end as far as possible into the right Upright (11). Keep the lower end of the Handrail away from the treadmill to avoid scratching the finish. Next, rotate the lower end of the Handrail to the position shown by the dotted line.

   Slide the other Handrail (not shown) into the Left Upright (11) as described above.

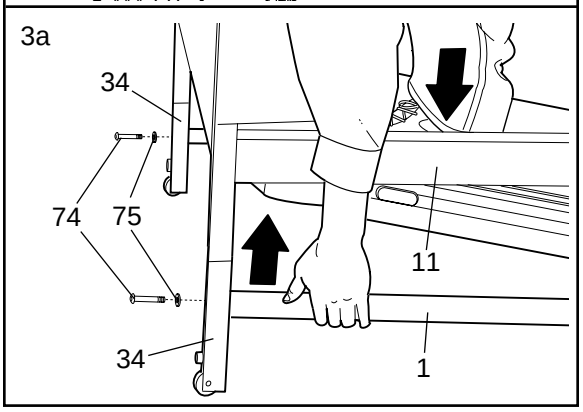


3a. With the help of a second person, carefully tip the Uprights (11) down so the Extension Legs (34) are vertical as shown.

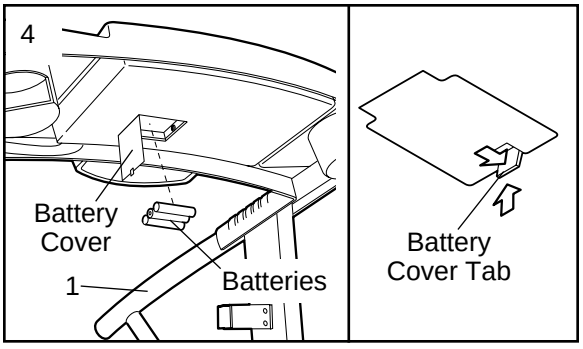
   Tighten a Handrail Bolt (74) with a Handrail Washer (75) into the left Extension Leg (34) and the lower end of the left Handrail (1) as shown. Note: To align the hole in the Handrail with the hole in the Extension Leg, it may be necessary to have a second person stand on the treadmill and lift the Handrail.

   Next, tighten a Handrail Bolt (74) with a Handrail Washer (75) into the right Extension Leg (34) and the lower end of the right Handrail (1).

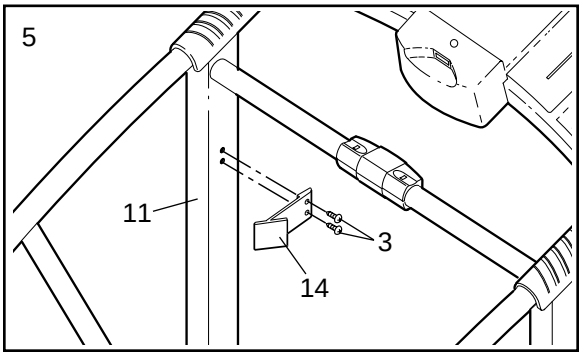
   With the help of a second person, carefully raise the Uprights (11) back to the vertical position.



4. **The console requires three "1,5" batteries** (not included). Alkaline batteries are recommended. To install batteries, **first touch one of the Handrails (1) to discharge any static.** Next, open the battery cover as shown. Insert three batteries into the battery compartment, making sure that the negative (–) ends of the batteries are touching the springs in the battery compartment. Close the battery cover, push up on the battery cover tab, and then push the tab forward as shown in the far right drawing. Be sure that the tab locks into place.



5. Attach the Storage Latch (14) to the left Upright (11) with two Screws (3). **Be careful not to overtighten the Screws.**



6. **Make sure that all parts are tightened before you use the treadmill.** Keep the included allen wrench in a secure location. The allen wrench is used to adjust the walking belt (see page 13). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **Important: Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge protector (not included) with your treadmill.**

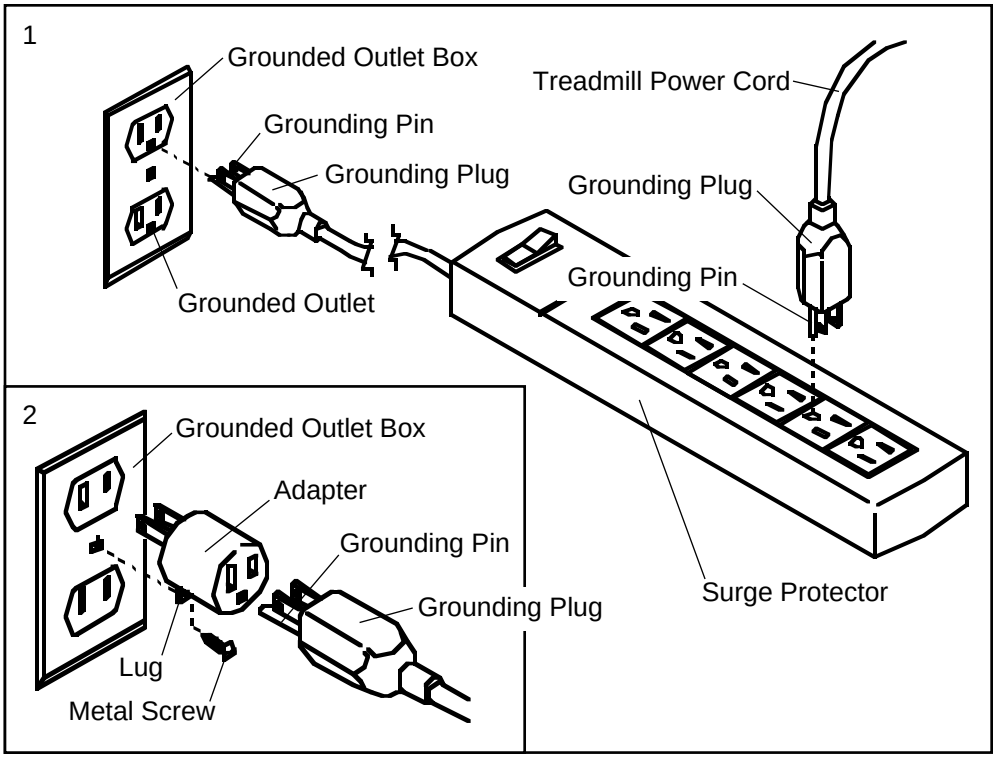
Surge protectors are sold at most hardware stores and department stores. Use only a CUL-listed surge protector with 450 joules minimum surge dissipation rated at 15 amps, with a 14-gauge cord of five feet or less in length.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

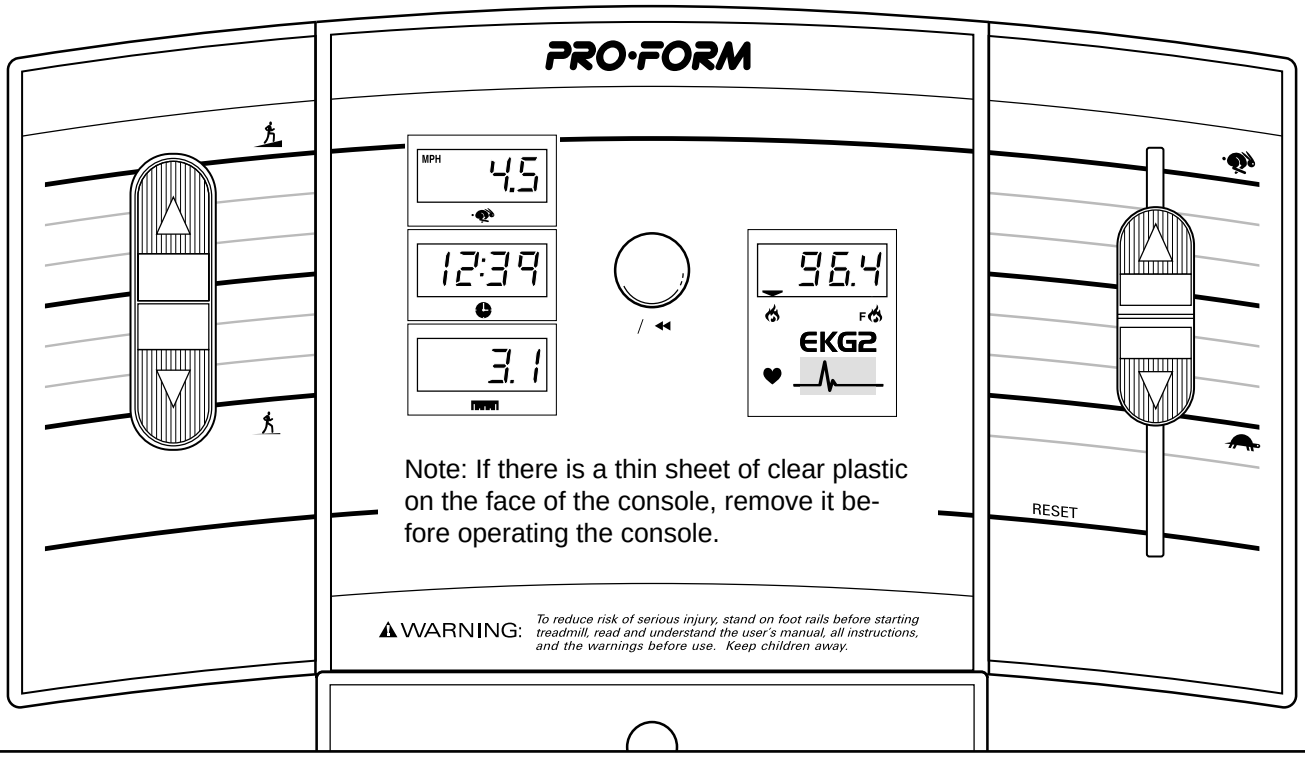
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge protector to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.

The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



CONSOLE DIAGRAM


PRO-FORM
MPH
4.5
12:39
3.1
96.4
F
EKG2
RESET
Note: If there is a thin sheet of clear plastic on the face of the console, remove it before operating the console.
WARNING: To reduce risk of serious injury, stand on foot rails before starting treadmill, read and understand the user's manual, all instructions, and the warnings before use. Keep children away.

⚠ CAUTION: Before operating the console, read the following precautions.

- **Do not stand on the walking belt when turning on the power.**
- **Always wear the clip (see the drawing at the lower right) while using the treadmill. When the key is removed from the console, the walking belt will stop.**
- **Adjust the speed in small increments.**
- **To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and use only a sealable water bottle.**

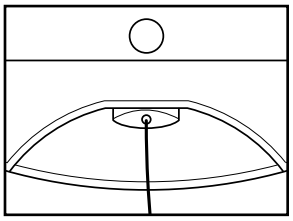
STEP-BY-STEP CONSOLE OPERATION

Before operating the console, make sure that the power cord is properly plugged in. (See HOW TO PLUG IN THE POWER CORD on page 7.)

Next, step onto the foot rails of the treadmill. Find the clip attached to the key, and slide the clip onto the waistband of your clothing.

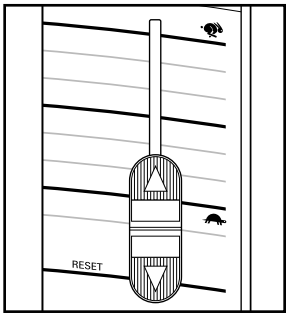
Follow the steps below and on page 9 to operate the console.

1 Insert the key fully into the power switch.



Inserting the key will not turn on the displays. The displays will turn on when the ON button is pressed or when the walking belt is started. Note: If you just installed batteries, the displays will already be on.

2 Reset the speed control.



Slide the speed control down to the RESET position. **Note: Each time the walking belt is stopped, the speed control must be moved to the RESET position before the walking belt can be restarted.**

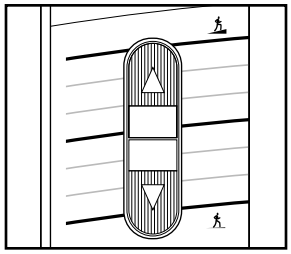
3 Start the walking belt.

After you have moved the speed control to the RESET position, slowly slide it upward until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by sliding the speed control.

To stop the walking belt, step onto the foot rails and slide the speed control to the RESET position.

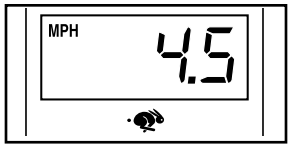
4 Adjust the incline of the treadmill as desired.

To change the incline of the treadmill, press the top or bottom of the incline control until the desired incline level is reached.

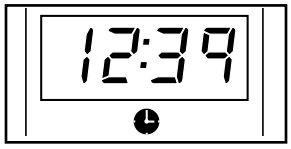


5 Follow your progress with the four displays.

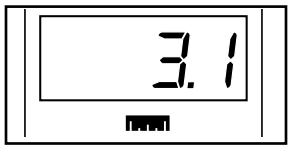
SPEED display—This display shows the speed of the walking belt, in miles per hour.



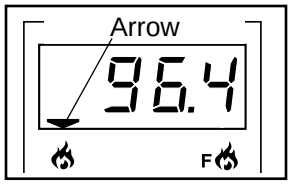
TIME display—This display shows the elapsed time.



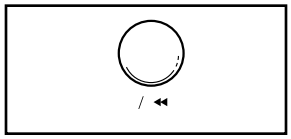
DISTANCE display—This display shows the distance that you have walked or run, in miles.



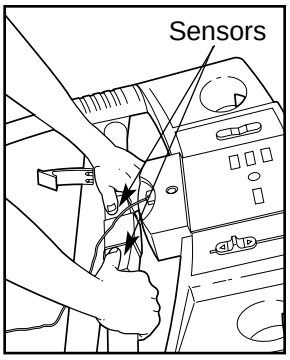
CALS/FAT CALS/ PULSE display—This display shows the approximate numbers of *calories* and *fat calories* you have burned. (See FAT BURNING on page 14.) Every seven seconds, the display will change from one number to the other. Arrows in the display will indicate which number is currently shown. Note: This display also shows your pulse when the pulse sensor is used.



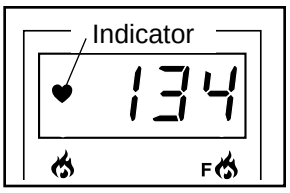
To reset the displays at any time, press the ON/RESET button.



6 Measure your pulse, if desired.



To measure your pulse, stand on the foot rails and place **both thumbs** on the pulse sensors as shown. The pulse sensors are pressure activated—fully press them down. **Do not press too hard, or the circulation in your thumbs will be restricted, and your pulse will not be detected.** Next, raise your thumbs slightly until the heart-shaped indicator in the pulse display flashes **steadily**. Hold your thumbs at this level. After a few seconds, three dashes will appear in the display and your pulse will be shown. Hold your thumbs on the sensor for another 15 seconds for the most accurate reading.



If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumbs off the sensors and allow the display to reset. Press down again on the sensors as described above.

Make sure that your thumbs are positioned as shown, and that you are applying the proper amount of pressure. Try the pulse sensor several times until you become familiar with it. Remember to stand still while measuring your pulse.

7 When you are finished exercising, stop the walking belt and remove the key.

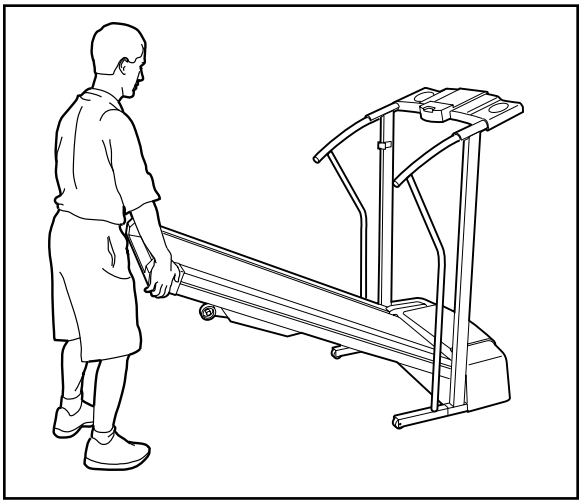
Step onto the foot rails, stop the walking belt and remove the key from the console. The displays will turn off about five minutes after the key is removed. **Note: To conserve the batteries, the displays will automatically turn off any time that the walking belt is stopped and the ON/RESET button is not pressed for five minutes.**

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

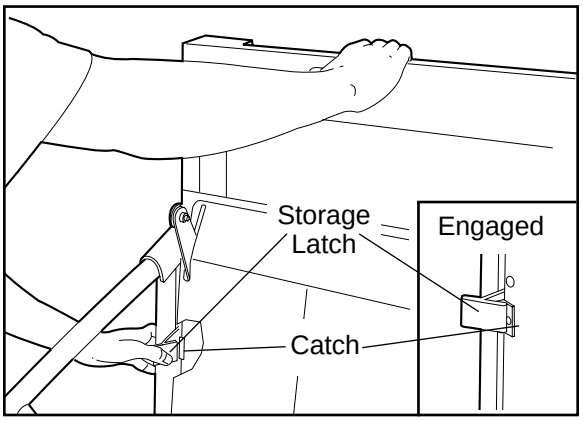
Before folding the treadmill, unplug the power cord. **Caution: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Raise the treadmill until the storage latch closes over the catch. **Make sure that the storage latch is fully engaged over the catch.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit (30° Celsius).



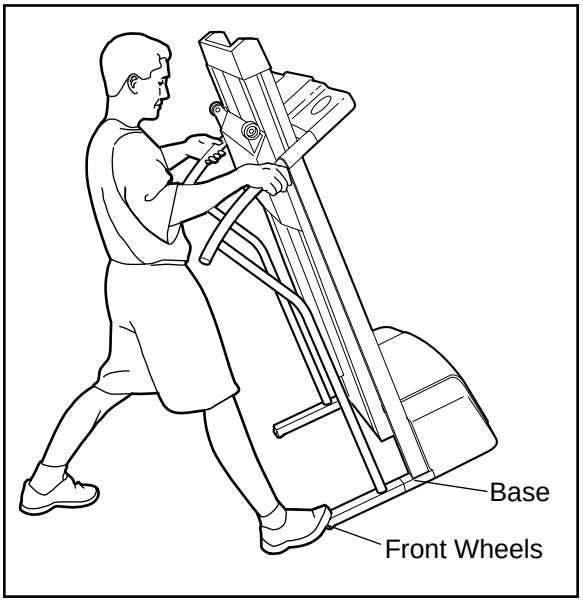
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the storage latch is closed fully over the catch.**

1. Hold the upper ends of the handrails. Place one foot on the base as shown.

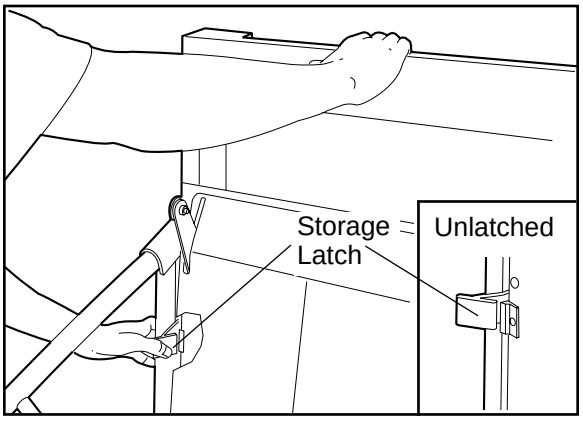
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

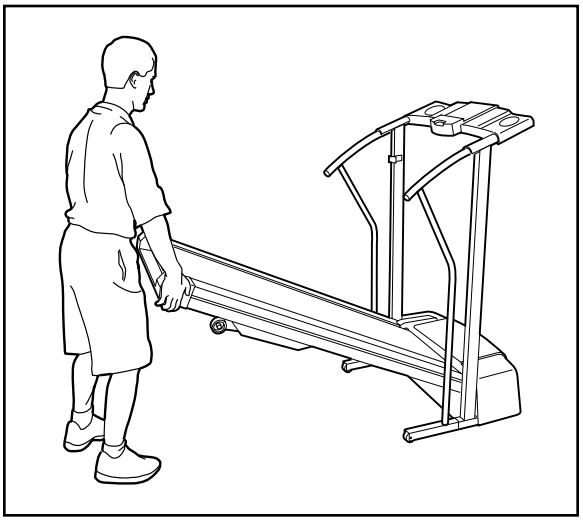


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left thumb, press the storage latch and hold it. Pivot the treadmill until the frame and foot rail are past the storage latch.



2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



TROUBLE-SHOOTING

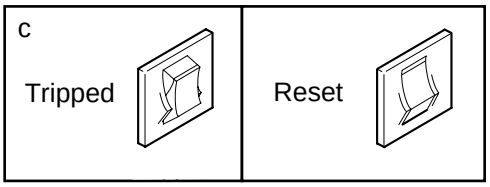
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-888-936-4266 Monday through Friday 8h00 until 18h30 eastern time (excluding holidays).

1. SYMPTOM: THE POWER DOES NOT TURN ON

a. Make sure that the power cord is plugged into a surge protector, and that the surge protector is plugged into a properly grounded outlet. (See HOW TO PLUG IN THE POWER CORD on page 7.) Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of 1,5 m (5 ft) or less in length.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

a. Check the circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in.

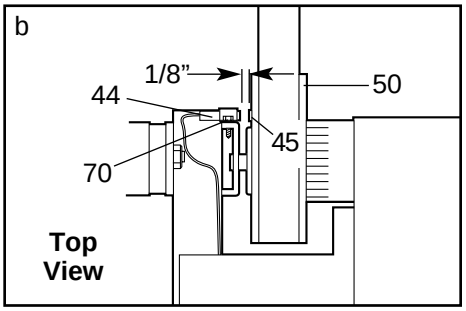
c. Remove the key from the console. Reinsert the key fully into the console.

d. If the treadmill still will not run, please call our toll-free Customer Hot Line.

3. SYMPTOM: THE DISPLAYS OF THE CONSOLE DO NOT FUNCTION PROPERLY

a. Check the batteries in the console. See assembly step 4 on page 6. Most problems are the result of drained batteries.

b. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the screws from the hood. Carefully remove the hood. Locate the Reed Switch (44) and the Magnet (45) on the left side of the Pulley (50). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8" (3 mm).** If necessary, loosen the Screw (70) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



4. SYMPTOM: THE PULSE DISPLAY ON THE CONSOLE DOES NOT FUNCTION PROPERLY

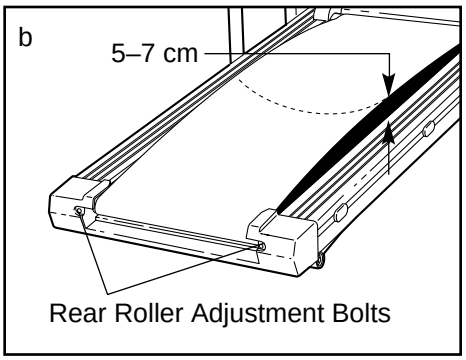
a. Wash your hands prior to using the pulse sensor. Clean the sensor with a damp cloth and a little dish soap.

b. Make sure that there is not a bright light or direct sunlight shining directly on the pulse sensor.

5. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

a. Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of 1,5 m (5 ft) or less in length.

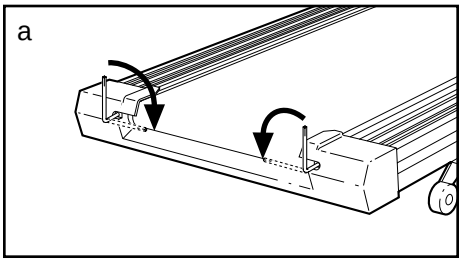
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 5-7 cm (2 to 3 inches) off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



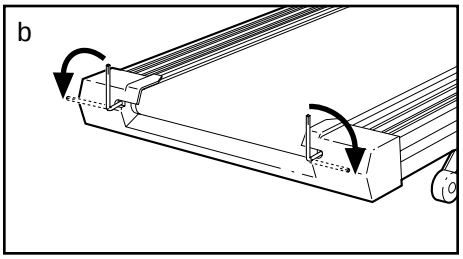
c. If the walking belt still slows when walked on, please call our toll-free Customer Hot Line.

6. SYMPTOM: THE WALKING BELT IS OFF-CENTER

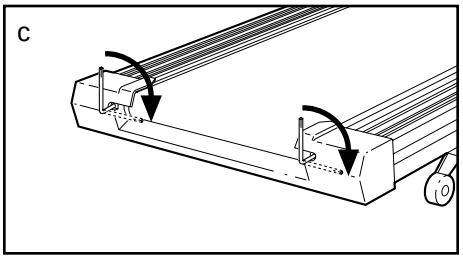
a. **If the walking belt has shifted to the left**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt has shifted to the right**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



c. **If the walking belt slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 inches (5–7 cm) off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



CONDITIONING GUIDELINES

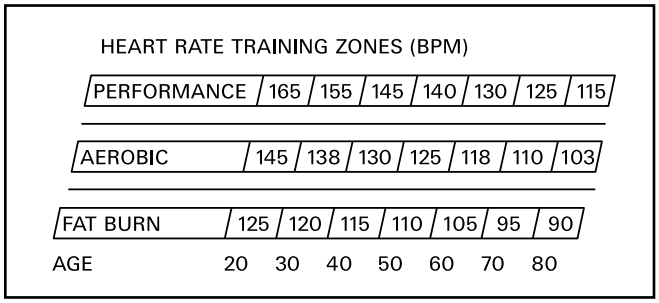
⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember—these are general guidelines only. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.



To find the proper heart rate for you, first find your age on the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for aerobic exercise; the highest number is the recommended heart rate for aerobic exercise.

To measure your heart rate, use the pulse sensor on the console. If your heart rate is too high or too low, adjust the speed and incline of the treadmill as needed.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the low end of your training zone. (See pages 8 and 9.)

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the middle of your training zone. (See pages 8 and 9.)

Performance

For performance, adjust the speed and incline of the treadmill until your heart rate is near the high end of your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise—After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your heart in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

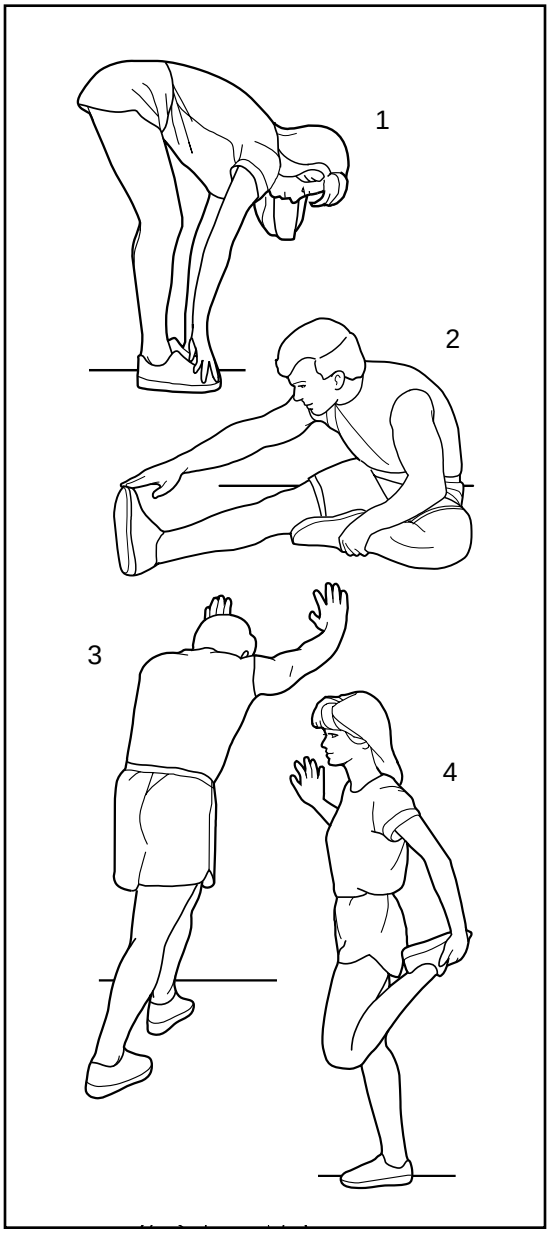
A cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings at the right. Move slowly as you stretch—never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

PART LIST—Model No. PCTL74100

R0201A

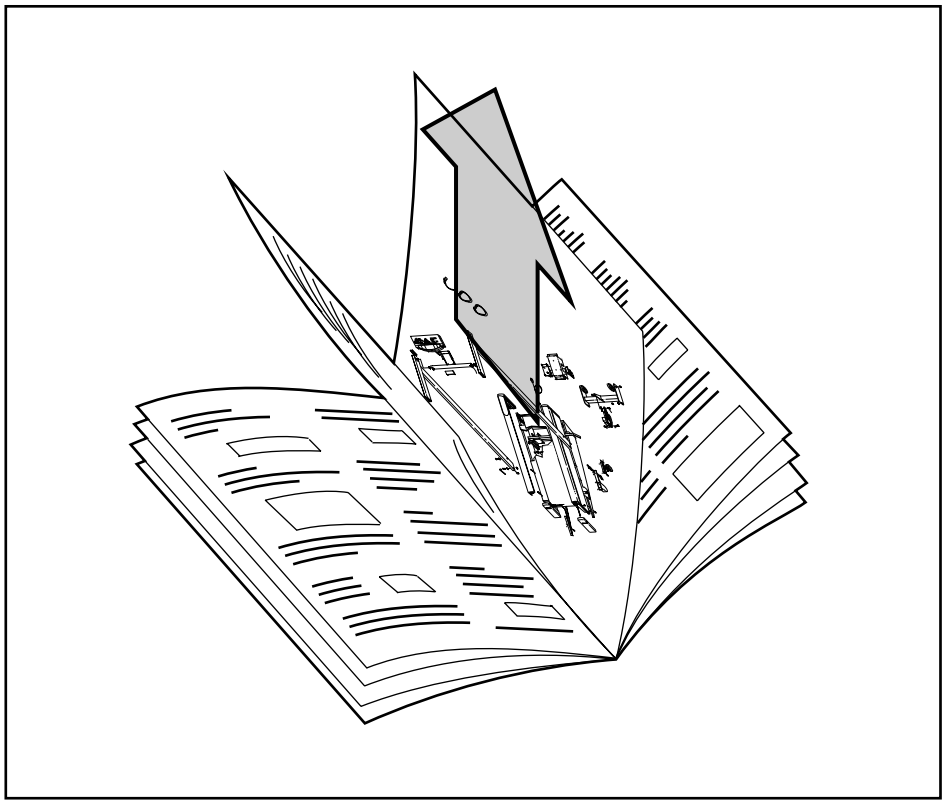
Key No.	Qty.	Description
1	2	Handrail
2	1	Key/Clip
3	2	Small Screw
4	1	Battery Cover
5	2	Foot Rail
6	1	Lift Motor
7	1	Motor Lock Bolt
8	1	Speed Potentiometer
9	1	Speed Control Knob
10*	1	Console Assembly
11	1	Upright/Base
12	1	Motor Belt
13	11	3/4” Long Screw
14	1	Storage Latch
15*	1	Pulse Bar
16	7	8” Cable Tie
17	1	Motor Swivel Nut
18	1	Pulley/Flywheel/Fan
19	1	Motor
20*	1	Motor/Pulley/Flywheel/Fan
21	1	Wire Harness
22	6	Hood Screw
23	1	Motor Hood
24	1	Hood Shield
25	17	1/2” Long Screw
26	1	Controller
27	1	Motor Swivel Bolt
28	1	Motor Tension Nut
29	1	Motor Tension Star Washer
30	1	Motor Tension Washer
31	5	Motor Tension Bolt/Leg Bolt
32	1	Incline Stop Bracket
33	2	Extension Leg Assembly
34	2	Extension Leg
35	1	Allen Wrench
36	2	Wheel Bolt
37	2	Wheel
38	6	Wheel Nut/Lift Nut
39	15	Washer
40	4	Base Pad
41	2	Handrail Endcap
42	1	Latch Catch
43	1	Reed Switch Clip
44	1	Reed Switch
45	1	Magnet
46	1	Console Base
47	1	Left Frame Pivot Spacer
48	4	Platform Screw
49	4	Isolator
50	1	Front Roller/Pulley
51	1	Front Roller Adj. Bolt
52	2	Incline Wheel
53	2	Extension Leg Screw
54	1	Power Cord
55	1	Power Cord Grommet
56	1	Circuit Breaker
57	2	Frame Pivot Washer
58	2	Frame Pivot Bolt
59	2	Pulse Bar Bolt
60	1	Motor Belly Pan
61	3	Cable Clamp
62	4	Rear Platform Screw/Rear Isolator Screw
63	3	Releasable Tie
64	1	Choke
65	2	Belt Guide
66	4	Belly Pan Fastener
67	1	Walking Belt
68	1	Walking Platform
69	1	Belly Pan
70	8	Electronics Screw/Ground Screw
71	1	Incline Wire Harness
72	2	Rear Isolator
73	4	Isolator Screw
74	2	Handrail Bolt
75	4	Handrail Washer/Pulse Bar Washer
76	1	Left Front Endcap
77	2	Incline Wheel Bolt
78	1	Right Front Endcap
79	4	Incline Wheel Nut
80	1	Ground Wire
81	4	Ground Screw
82	1	Incline Leg
83	2	Rear Roller Adj. Bolt
84	1	Rear Endcap
85	1	Latch Decal
86	1	Rear Roller
87	1	Frame
#	1	25” Wire Harness
#	1	8” White Wire, M/F
#	1	User’s Manual

* Includes all parts shown in the box

These parts are not illustrated

REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

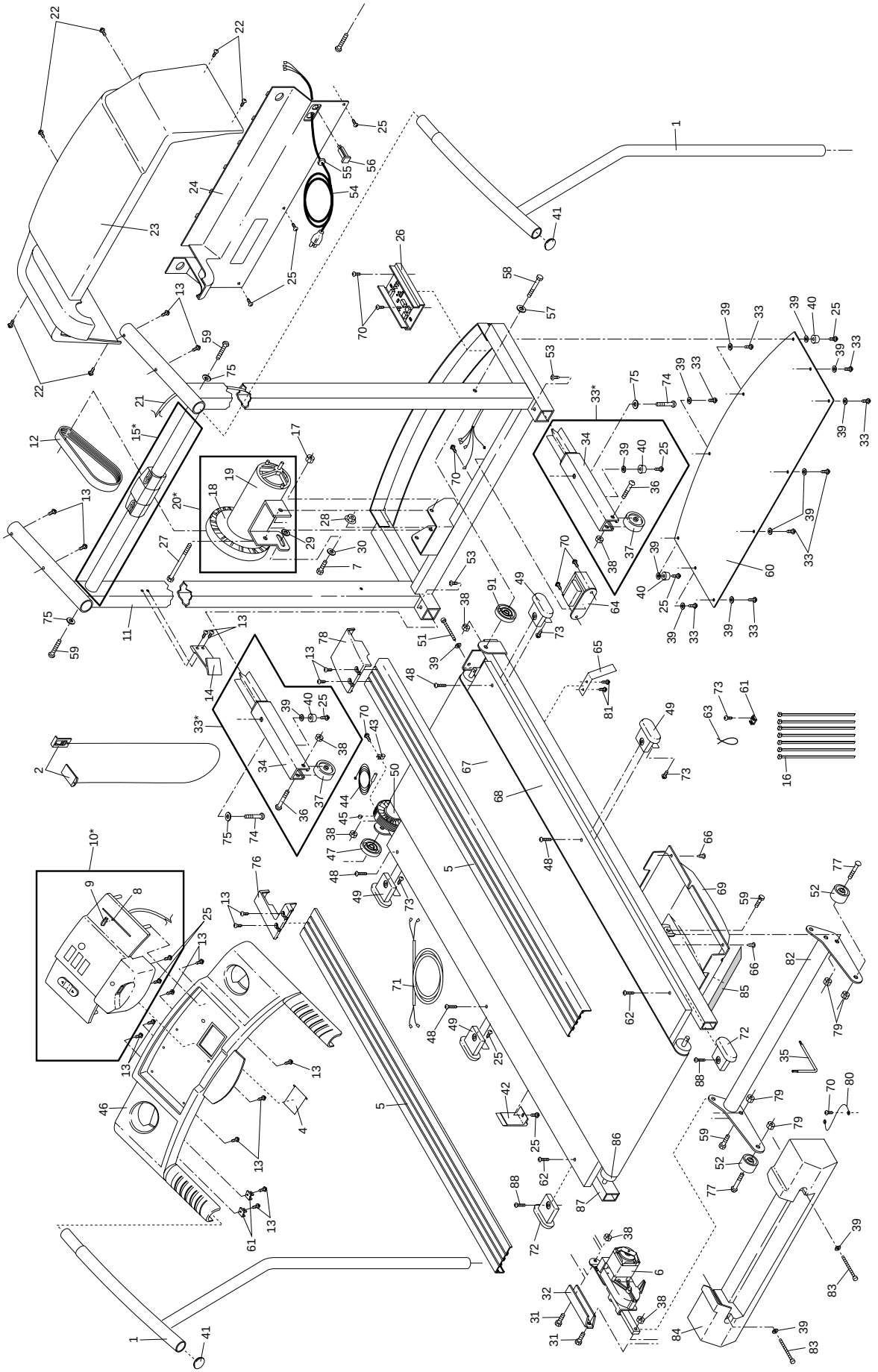
Save this EXPLODED DRAWING and PART LIST for future reference.



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the User's Manual.

EXPLODED DRAWING—Model No. PCTL74100

R0201A



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-936-4266 Monday through Friday 8h00 util 17h30 eastern time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The NAME OF THE PRODUCT (PROFORM® 490GS treadmill)
- The MODEL NUMBER OF THE PRODUCT (PCTL74100)
- The KEY NUMBER AND DESCRIPTION OF THE PART (see the EXPLODED DRAWING and PART LIST attached in the center of this manual)

LIMITED WARRANTY

ICON OF CANADA INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one year from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

ICON OF CANADA, 900 de l'Industrie, St. Jérôme, QC J7Y 4B8

Part No. 173007 R0201A

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